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**A TREATISE**  
**ON THE**  
**PHYSIOLOGY AND PATHOLOGY**  
**OF THE**  
**DIGESTIVE ORGANS,**  
**WITH**  
**INTRODUCTORY REMARKS, &c.**

**BY WILLIAM SEARS,**

**AUTHOR OF THE**

**AMERICAN HYGIENE VEGETABLE MEDICINE,**

**AND**

**Founder of the A. H. V. Medical Dispensary,**

**ESTABLISHED IN THE CITY OF NEW-YORK.**

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**NEW-YORK:**

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# INTRODUCTORY REMARKS

OF THE

American Hygiest,

WILLIAM SEARS.

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THE American Hygiest, in introducing himself and his invaluable American Hygiene Vegetable Medicine to the public, would observe, that a subject analogous to the present, has for several years been agitated in his own mind; and had he not possessed an unassuming and retiring disposition, and a constitutional diffidence and reluctance, in making a public display of any thing relating to himself, something like the present preparations of medicine, would long before this time, have been announced to the world. The effort to bring my mind and feelings up to my present determination, has been the result of many important considerations, of which a sense of duty has not been the least.

I do not intend to derogate any valuable medicine now in use, or detract the regular practice of the *Materia Medica*;

but a serious and persuasive conviction of the superior efficacy of the American Hygiene Vegetable Medicine, over any other now in use, for promoting the objects for which they are intended, has induced me to offer them for the benefit of the public; and this conviction has not arisen from any theoretical or speculative view, but from actual experiment and observation. I can therefore, with the utmost confidence, recommend them to the public, and assure them, that they will invariably produce the effects which I have ascribed to them.

Having for thirty years been afflicted with an unusually obstinate and unyielding dyspepsia, I have had the means of obtaining a more perfect and accurate knowledge of those diseases, which originate from a disordered state of the digestive organs, and the medical treatment which they require, than almost any physician; and this knowledge has been the result of my own researches, experience, and observation; both of the nature of those diseases, and the effects of a great variety of medicine on myself and others.

Being an American, native of this state, and known to many of its most respectable citizens, it would indeed be the height of indiscretion and folly in me, to offer to the public, with so much confidence, the result of my own researches and experience, were I not conscious of having maintained a character for religious consistency and moral rectitude, which would justly entitle me to the esteem and confidence of the public.

The several preparations of medicine which I now offer for the benefit of the public, have been obtained by much laborious research and experiment. They are American—their composition is unknown to any *Materia Medica*.



They are entirely vegetable, and the production of my own investigations. The principal ingredients of which they are composed have never entered a druggist's shop; but have been extracted, by means of an expensive chymical process, from vegetables gathered during the summer past, from the valleys and mountains of Saratoga county, in the state of New-York.

It is generally admitted that the medicinal properties of vegetables are more particularly adapted to the animal constitutions and diseases of the climate which produces them, than those of foreign growth. In this respect the American Hygiene Vegetable Medicine, now offered, will have a decided preference to the imported.

The medicinal virtues of American vegetables are sufficiently numerous and efficacious, to answer all demands of American diseases, so as to render useless and unnecessary any dependance on the British College of Health, or any preparations of foreign medicine.

The American Hygiene Vegetable Medicine, are comprised in four different preparations, each of which is adapted to different diseases. The American Hygiene Vegetable Renovating Pills. The A. H. V. Cough Sirup. The A. H. V. Antihydrops or Dropsical Pills, and the A. H. V. Piles Ointment.

The American Hygiene Vegetable Renovating Pills, are designed to remove the cause of all those diseases which originate from a deranged or disordered state of the stomach and intestines. It must be obvious to every person, that a good state and condition of those organs are absolutely necessary to the enjoyment of good health. A disordered

state of the stomach and intestines produces more disease than every other cause.

It is, therefore, of the utmost importance, that every individual, and especially heads of families, should become somewhat acquainted with the formation and structure of the digestive organs; and possess, at all times, the means of arresting, in their incipient stages, those diseases which originate from a deranged or disordered state of those organs. By this precaution, serious and fatal diseases may be prevented, health preserved, and expense saved.

The annexed concise treatise on the digestive organs, will, I trust, contribute to the better understanding of that subject; and the possession of the A. H. V. Renovating Pills, now offered, will enable individuals and families to become, in a great measure, their own physicians; in curing and preventing those diseases which are occasioned by a disordered state of the stomach and intestines, and derangement of the functions of the liver.

It must be obvious to the most common observer of disease, that the digestive organs are easily and frequently disordered, and produce a great variety of unpleasant and obstinate diseases. A derangement of the biliary secretions is most commonly the effect of a disordered state of these organs. To remove biliary obstructions, and restore the functions of the liver to their natural and healthy condition, preparations of mercury have been considered, by physicians generally, as the most effectual remedy. And it cannot be doubted, but that mercury has a direct effect upon the liver, in removing biliary obstructions; but it is equally certain, that in doing this, it produces other unpleasant and deleterious

rious effects. It nauseates and impairs the tone of the stomach, and greatly debilitates the digestive organs. Hence it often happens, although obstructions may have been removed, that before tone and strength has been restored to the digestive organs, the same obstructions return, and require a repetition of the same unpleasant and uncertain means. These Pills will produce all the good effects of mercury, in removing biliary obstructions, and promoting the healthy secretions of the liver, and at the same time give tone and strength to the digestive organs. They may with perfect safety and certainty be relied upon, as being more efficacious in functional diseases of the liver, than any preparations of mercury; and, as a common family medicine, to be taken on all occasions of indisposition; they are not surpassed by any medicine.

The immediate effect of these Pills, when taken according to the directions accompanying them, will be, to excite an increased vermicular or peristaltic action throughout the stomach and intestines, and produce a discharge from them, of all the morbid, bilious, and offensive matter which they may contain. They also operate directly upon the liver, increase its action, and promote its healthy secretions. They may be relied upon as an effectual and sovereign remedy for all diseases of the liver, originating from bilious obstructions, or derangement of the biliary secretions. They also stimulate the absorbent vessels into action, remove all obstructions, and promote and sustain all the natural secretions of both sexes, and produce a general diaphoresis or perspiration over the whole system; removing all cutaneous eruptions, and rendering the skin smooth and clear. The countenance, which has become sallow and deeply tinged with bile, will,

by a few week's faithful use of these Pills, resume its natural, clear, and bright appearance. And in producing all these salutary effects, they will not debilitate, but strengthen and invigorate the whole system. So perfectly do I understand the properties of these Pills, and so much have I experienced and witnessed of their efficacy, that I am confident that they cannot fail to produce the effects which I have ascribed to them, any sooner than opium can fail to produce its narcotic effects.

Obstinate cases, however, may occur, which will require a treatment somewhat different from that prescribed, and in such cases, on application at the office of the American Hygiene Vegetable Medical Dispensary, the necessary advice and directions would be obtained.

These Pills are not offered as a specific for all diseases, but they are confidently offered, as a sure remedy (if taken in season) for all diseases, originating from a disordered state of the digestive organs, and derangement of the biliary functions. Such as Indigestion, Costiveness, Bilious Cholic, Nervous and Sick Headache, Hypochondria, Yellow and Black Jaundice, Cholera Morbus, Cutaneous Eruptions, Scrofula, Erysipelas, Heartburn, Sourness of Stomach, Loss of Appetite, General Languor and Debility, and they are peculiarly efficacious in curing Liver Complaints, removing Pains in the Side, Breast, and Shoulder, and also in curing and preventing Fever and Ague, and Bilious Fever.

The American Hygiene Vegetable Cough Sirup is a preparation, radically and essentially different from any preparation contained in any *Materia Medica*. It has been brought to its present state of unequalled perfection, by for-

tuituous circumstances, elaborate researches, and discriminating observation and experiments. It is an expectorant which I can, with the utmost confidence, recommend as the safest and surest remedy that can be found, for all diseases of the lungs. It can, with perfect safety, be given at all times, in all cases of Phthisis, and will seldom fail to give relief, and effect a cure, unless the fatal *hectic* hath already fastened upon the vital organ.

The American Hygiene Vegetable Antihydrops, or Dropsical Pills, are prepared from vegetables, little known, and scarce to be found in any part of our country. No Materia Medica can furnish a diuretic or Hydragogue, possessing such peculiar and powerful properties, for expelling from the system, whatever of morbid effused liquid it may contain. They operate directly upon the absorbent vessels, and by promoting the discharge of the watery parts of the blood, they promote absorption over the whole system. Such is their efficacy when used according to the directions accompanying them, that they seldom, if ever, fail of producing the desired effect, and perfecting a cure; unless the disease originates from an organic affection: and even then it will produce a good effect, and give relief. It may, however, be only temporary; and in such cases more particular directions and advice may be necessary.

The American Hygiene Vegetable Piles Ointment is also of my own composition, and having used it myself, and known it to be used by others for several years, I can give positive assurance of its superior efficacy, in relieving and curing that distressing and almost incurable disease.

In conclusion, I would remark, that in giving a description of the properties and efficacy of the A. H. V. Medicine, no

exaggeration has been made. That they do possess the qualities and properties attributed to them, and will produce the effects ascribed to them, I do give the most solemn assurance; and pledge my reputation and character, that a strict and discriminating trial of them, will result in the same conviction. So confident am I, of the superior efficacy and excellency of the A. H. V. Medicine, that I have established an American Hygiene Vegetable Medical Dispensary in the city of New-York, and shall superintend it personally, and hold myself at all times accountable for the effects of those medicine, when taken according to my directions. And I would here observe to those who are afflicted with Dyspepsia or the Liver Complaint, of long standing or obstinate character, that it would, probably, be conducive to the more speedy restoration of their health, to call on me at the office of the A. H. V. Medical Dispensary, in the city of New-York, where advice respecting the use of the A. H. V. Medicine, may at all times be obtained gratis.

In regard to my moral and religious reputation and character, I would refer to the right Rev. Bishop Onderdonk, D. D. and the Rev. Dr. Spring, of New-York, and present to the public—

*The two following Certificates, from the Hon. John W. Taylor, and the Hon. Judge Samuel Young, whose names and characters are well known to the public :*

I CERTIFY that I have been well acquainted with WILLIAM SEARS, now of the village of Ballston Spa, for more than thirty years. He has through life maintained a fair reputation. His character for truth and general integrity stands high, indeed I have never heard it impeached.

JOHN W. TAYLOR.

*Ballston Spa, N. Y. Oct. 6, 1834.*

I have known Mr. William Sears for more than thirty years, having resided most of that time in the same town with him; and during that period he has sustained a moral character without reproach.

S. YOUNG.

*October 8th, 1834.*

And in addition to these certificates, I would take the liberty of referring to the following individuals—Namely: In Ballston Spa and its vicinity, the Hon. Judges Elisha Powel and James Thompson, the Rev. Joseph Sweetman, Rev. Deodatus Babcock; Drs. Samuel Davis, Samuel Freeman and Jonathan Williams; Anson Brown and O. G. Otis, Esqrs. Messrs. L. Booth, J. B. Aldridge, Eli Barnum, Harvy Loomis, Samuel Smith, Andrew Watrous, Joel Lee, Moses Williams, James Comstock, Douglas Satterlee, and the inhabitants in general of Ballston and Ballston Spa. At Waterford, the Rev. Reuben Smith, John Stewart, and John House, Esqrs. At Schenectady, the Hon. Judge David Boyd, Cashier of the Mohawk Bank, Thomas Palmer, Esq. Cashier of Schenectady Bank, and Harmanus Peck, Esq. In Albany, Edward R. Satterlee and Levi H. Palmer, Esqrs. At Ovid, Cayuga Co., Dr. T. C. Delavan, William Thompson, and Alvah Gregory, Esqrs., and in the city of New-York, John Saterlee, Esq., Cashier of Greenwich Bank, Messrs. Burr Wakeman, Samuel Saterlee, John Disturnell, Czar Dunning, Reuben Westcott, Egbert Barnum, and Stephen Wakeman, Merchants.

The following certificates of the effects of these Medicine, are from most respectable individuals, who had no expectation, when they used them, that they would ever be offered to the public.



*The following Certificate is from Mr. James Comstock, Editor of the  
Ballston Spa Gazette:*

MR. WM. SEARS,

Understanding that you are about to offer your A. H. V. Medicine to the publick, I would observe to you and them, that I feel a pleasure in saying, that I and my family have made a considerable use of the A. H. V. Renovating Pills and Piles Ointment, and have experienced very happy effects from them. For several years past, Mrs. Comstock has been affected with an unusually obstinate dyspepsia, attended with a great degree of acidity of the stomach, and redundancy of bile, which rendered it necessary for her to have recourse, frequently, to calomel and severe external applications. She has followed the directions of several good Physicians—she has taken calomel after calomel, and been tortured with blisters, and used various prescriptions of Medicine, including the British Hygiene Pills, without receiving any permanent benefit. About four months since, she commenced taking your A. H. V. Renovating Pills, and has used no other medicine since. Her health has improved more by the use of them, than by all the means she has ever employed. Their effect has been to correct the acidity of the stomach—to carry off the bilious matter, and give tone and strength to the stomach and bowels. They have not produced those nauseating and debilitating effects which have attended the use of former medicine, but have greatly strengthened and invigorated the whole system. The A. H. V. Piles Ointment I have myself made use of, and have found it more salutary and efficacious than any medicine I have ever used for that complaint. I can with confidence recommend them to the Public.

JAMES COMSTOCK.

*Ballston Spa, Oct. 1st, 1833.*

*The following Certificate is from Mrs. Powel, the wife of the Hon.  
Judge Powel, of Milton, near Ballston Spa:*

For many years past I have been much affected with the symptoms of a liver complaint, which have frequently been attended with a pain in my side, so severe as to confine me. I have been obliged to have recourse to calomel, and have taken dose after dose, and suffered severely without receiving much, if any, permanent benefit. About three months since I commenced taking Mr. Sears's A. H. V. Renovating Pills, which have greatly relieved me, and rendered



entirely unnecessary the use of any other medicine. I have received more benefit from them, than I have from all the calomel and other medicine which I have ever taken; and have enjoyed better health since I commenced using them than I have for many years past. Others of my family have also used them, and experienced salutary effects from them. They do not, in their operation, nauseate and debilitate as cathartics commonly do, but give strength and energy to the whole system. I do highly esteem them, and recommend them to all who are affected, as I have been, with a liver complaint.

ANN POWEL.

Milton, Oct. 3d, 1834.

*The annexed Certificate is from the Rev. R. Sears, residing now in Galway, Saratoga County:*

For many years past I have been subject to a bilious habit, which made it necessary for me frequently to take physic. During the past season I have made use of Wm. Sears's A. H. V. Renovating Pills, and have found them efficacious in carrying off bilious matter, and giving energy to the stomach and bowels.

REUBEN SEARS.

*The following Certificate is from Col. Uriah Gregory, one of the oldest and most respectable inhabitants of the town of Ballston:*

Having, myself and family, been subject to the Cholera Morbus, we have during the summer past made use of Wm. Sears's A. H. V. Renovating Pills, and have found them very efficacious and salutary in their operation.

URIAH GREGORY.

Ballston, Sept. 1834.

*The following Certificate is from Mr. Samuel Hinman, who has resided for many years in this city, and who has, for several years, been an Elder in the Presbyterian Church:*

MR. WM. SEARS,

SIR—Having made use of your A. H. V. Renovating Pills in my family, and witnessed the most salutary effects from them, I take a pleasure in stating it to you, and recommending them to the public. Two of my family have been materially benefited by the use of them. Mrs. Hinman more especially has been greatly relieved by them. For several years past she has suffered much from bilious and pulmonary affections, and for several months previous to her taking those Pills, her life was almost despaired of. By the use of

your medicine she has, in a considerable degree, regained her health. She has received more benefit from it than from any other medicine she has ever taken. Others of my family have used those Pills and found them efficacious in carrying off bilious matter, and strengthening and invigorating the digestive organs.

SAMUEL HINMAN, No. 15 Amos-street.

New-York, Oct. 1834.

*The following Certificate is from Mr. James Sears, of Charlton, Saratoga county :*

For several years past a daughter of mine has been much troubled with a pain in her side, between her shoulders and in her head, which were supposed to be occasioned by the liver complaint. She has frequently been obliged to take calomel and other physic, which only afforded temporary relief. About four months since she was much troubled with all the symptoms of the liver complaint, and instead of taking calomel, she had recourse to Sears's A. H. V. Renovating Pills, which have entirely relieved her, and her health now appears good. Others of my family have used them, and we find them an excellent family medicine on all occasions of indisposition.

JAMES SEARS.

Charlton, 12th October, 1834.

In regard to the Cough Syrup and Antihydrops, or Dropsical Pills, I would observe that, since my determination to offer them to the public, I have not endeavoured to obtain any Certificates of their efficacy, but I can assure the public that their efficacy and effects have been fairly tested, and that they may be relied upon as producing the effects which I have ascribed to them. And I would here mention, that Mrs. Sears has suffered much for several years from a dropsical affection. (Anasarca.) The fluids of the body were so much increased, as to considerably enlarge its size, and often render respiration difficult. By the use of these Pills alone, she has been perfectly relieved, and restored to her natural state of health. Others, also, have used them, and experienced the same salutary effects.

WM. SEARS, A. H.

and Founder of the A. H. V. Medical Dispensary in the  
City of New-York.

New-York, October 25th, 1834.

# AMERICANA HYGIENA

## DISSERTATIO,

DE

## PHYSIOLOGIA ET PATHOLOGIA,

### *Digestionis, Organorum, &c.*

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ONE of the distinguishing and important privileges of our mild and liberal Government, is the right guaranteed to each individual of expressing his views and opinions on all subjects, and communicating to the public any discovery or improvement to which he may have attained. A just sense of propriety and decorum, however, would influence every discrete and prudent person, to examine well the merits and worth of any communication he might be induced to offer community, as a beneficial or desirable attainment.

A discerning and enlightened public cannot very easily be long deceived, and their credulity imposed upon, on any subject, unless some degree of sophistry or obscurity are thrown around it; so as to hide from their view its real character. Novelty and innovation shrouded in mystery, often obtains popular credence, when the subject is altogether deceptive, and unworthy of public confidence.

That individual, therefore, who attempts to deceive the public by pretensions to attainments or improvements in any of the useful arts or sciences, which he does not possess, acts a dishonourable and ignoble part; and renders himself unworthy of public confidence or esteem. It is, however, much to be regretted, that there has ever been, and still are, those who, regardless of the truth, endeavour to obtain public credence, for speculations and theories delusive and false.

In no art or science has popular credulity been more imposed upon and deceived, than in the science of Physiology and Pathology, or the healing art. And the success which has attended these impositions, has been the effect of popular ignorance on the science of disease and use of medicine; and the peculiar mystery which has been thrown around, and attached to their theories and practice.

Empiricks or medical impostors have uniformly introduced their theories and practice, by denouncing the practice and theories of medical science, which have been improving since the commencement of disease. They do not blush to claim for themselves more knowledge in the science of medicine and disease, than those who have devoted long lives to the study and practice of them; and who have enjoyed the advantage of all the knowledge and experience of the learned profession, who have for ages preceded them.

No science has received more attention, and been attended with more elaborate and persevering effort, by the highest grade of talent, than the science of Physiology and Pathology. It would be utterly impossible for any individual, however great might be his talents and taste for those sciences, to obtain, during the longest life, a general and correct knowledge of the nature of disease and use of medicine, without having recourse to the investigations, experiments, and experience of many of the medical profession, who have preceded him.

As I have not received a medical diploma, and now stand before the public in a somewhat modified medical character, it becomes

me, in order to avoid the imputation of empiricism, to render a satisfactory explanation, in justification of the peculiar attitude I have assumed in the practice of medicine. And I would here observe, that no one can have a higher estimation than I have of the value of medical science, and the absolute necessity of a systematic and general acquaintance with it, in order to practice medicine with safety and success. And none can be more opposed than I am to that empiricism and quackery, which denounces the regular systematic and scientific study and practice of medicine; and substitutes in their stead certain nostrums and specifics for the cure, indiscriminately, of all diseases.

Although I do not pretend to have acquired a perfect knowledge of Physiology, Pathology, and Materia Medica, in their full extent; yet I do profess to understand the nature of certain diseases, and the medical treatment which they require. And in maintaining this position, and giving the public a satisfactory explanation of the subject, I shall be obliged to violate some of the strict and delicate rules of decorum, by a little too free indulgence in egotism. The peculiar circumstances of the case, however, I trust, will be a satisfactory apology for the violation.

On such occasions as the present, a laudable desire generally obtains of knowing something of the author. To satisfy that curiosity, and give some account of the circumstances which have led me to an acquaintance with the science of disease, and the nature and effects of medicine, it will be necessary to mention many things, in reference to myself, which, under other circumstances would be indecorous and highly improper.

I would therefore observe, that I am an American, a native of the town of Ballston, Saratoga county, and state of New-York, and have spent a considerable part of my life at or near the famous mineral waters of Ballston Spa. And although to the public in general I am a stranger, yet I could mention many individuals of the first respectability, who have long known me, having been brought

up and educated in the same neighbourhood with me; and who could, at least, testify to my fair, moral reputation.\* And as to my religious profession, I would observe, that I have been a member of the Presbyterian Church for thirty years, and am now attached to that church in the town of Ballston.

At the age of twenty, being a member of Union College, at Schenectady, I was attacked with a bilious fever, which confined me for several weeks. Resuming my studies, whilst in a state of debility, prevented me from regaining my health. A few months convinced me of the necessity of relinquishing, at least for a time, the duties of college, and attending solely to the restoration of my health.

I returned to my Father's, at Ballston, and having a brother a physician, in practice with a somewhat eminent physician in the adjoining town—Milton, I applied to them for medical advice and aid. My disease had assumed the appearance and symptoms of an unyielding dyspepsia. My physicians being of opinion that an organic or serious functional disease of the liver was the cause of my disease, or rather the disease itself, put me under a mercurial course of treatment for the space of six weeks. This so reduced and debilitated me, that I was obliged to be confined to the house the greater part of one year. During this time I became so extremely emaciated, that my weight did not exceed ninety pounds, and continued stationary at that for nearly ten years. The greater part of this time my strength would not permit me to walk more than ten or fifteen rods at a time. The general symptoms were an inactive and torpid state of the intestines, an inverted action of the stomach, attended with an unusual degree of acidity, and flatulency, and loss of appetite. Indeed, the inverted action of my stomach became so great, as often to prevent the retention of an ounce of food during the day; and its acidity so constant and sharp, as to have, in the course of a few years, completely consumed my teeth, which were

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\* References are made in the introductory remarks.

previously healthy and sound. As soon as my health would permit me to ride ten miles in a day, I commenced travelling by land and water. I visited Albany, Hudson, and New-York, consulting the most eminent physicians I could find. I spent several summers in Boston, along the eastern coast, and up the Bay of Funda; and several winters in Georgia; and the greater part of one year in Portugal, in the city of Lisbon, where I became acquainted with an English physician of considerable note; and from whom I received much valuable information. In this manner I spent nearly ten years, going north in summer, and south in winter.

Physicians generally whom I consulted, advised mild cathartics for regulating the bowels; lime-water and other alkalies for correcting the acidity of the stomach, and various mild stomachic tonics for strengthening it; for diet, beefsteak, and crackers or dry bread; and for drink, brandy and water chiefly. This course of diet and medicine I pursued for several years, without receiving any benefit but the prolonging of life. Several different regimens of diet and prescriptions of medicine I faithfully practised. Indeed I became pretty well experimentally acquainted with almost all the cathartics, carminatives, alkalies, and tonics of *Materia Medica*; but still my health was but little if any improved.

Having devoted ten years to travelling, and faithfully pursuing many prescriptions of medicine, and regimens of diet, I became convinced, that, in order to regain my health, it was necessary to avail myself of what knowledge by observation and experience I had obtained of the nature of my disease, and the effects of medicine, and become my own physician. Accordingly the various prescriptions of medicine and diet were partially discontinued; and as the effects of each had been carefully noticed, and the nature and effects of a considerable variety of medicine were pretty well understood by me, I determined to use only that kind of food which I had observed to agree best with my stomach, and that medicine which had served best to regulate the bowels, and give tone to the stomach. I

had become fully convinced, that digestion could not be carried on and sustained by alkalies, carminatives, cathartics, and tonics, as I had been advised to use them. My attention, therefore, was directed to the attainment, if possible, of some preparation of medicine better calculated than any I had yet made use of, to produce and sustain throughout the stomach and intestines, that natural action which appeared to me indispensable in the operation of digestion. In this I soon so far succeeded as to have prepared a medicine which came nearer answering that important object, than any I had formerly used.

At this time, as previous, so far as my health would permit, my attention was considerably directed to the study and practice of medicine; and being, for a time, much in the society of my brother, a physician, whom I have before mentioned, I became conversant with several medical authors, and quite familiar with the common routine of medical practice: I read attentively at different times, Cullen, Brown, Darwin, Rush, and several other medical authors. My attention, however, was principally engaged in obtaining a knowledge of the disease with which I had been so long and so severely afflicted.

It became my opinion, that the direct, or immediate cause of my disease, was a loss, or want of the natural vermicular or peristaltic action of the stomach and intestines. Although some symptoms had made their appearance, which indicated a diseased state of the liver and lungs; yet it was my conviction, that they were only sympathetic, or caused by a deranged state of the digestive functions: as a derangement, or suspension of the natural action of the digestive organs, must have an immediate and direct tendency to derange the functions of the liver, and throwing its secretions out of their natural and healthy course, become the cause of other diseases, and often produce the most unpleasant, if not fatal effects.

As my lungs had become considerably disordered, my attention was directed to the preparation and use of a variety of expectorants;



and I was, indeed, so fortunate as to prepare a remedy which entirely relieved me of that affection, and which I have found to be beneficial to others, and never known to have been used without producing good effect. I devoted much time and attention to the examination of the nature, and to the trial of the effects of a great variety of medicine, both in the *Materia Medica*, and among the vegetables of our country. My mind was constantly impressed with the conviction, that a medicine might be prepared which would have a more direct tendency than any I had yet used, to excite and sustain a natural action throughout the digestive apparatus, and promote and regulate the biliary secretions. In this I have succeeded far beyond my anticipations. By the examination of the nature, and trial of the effects of a great variety of indigenous vegetables, I have discovered those possessing properties which qualify them for this important and desirable purpose. By this means I have succeeded in making a preparation of medicine, which so perfectly answers the desired object, that I have been induced to offer it, and several others, with my services to the public.

The opinion which I have long entertained of the cause of dyspepsia, or a disordered state of the digestive organs, has been strengthened and confirmed by much experience and observation. The direct cause I maintain to be a diminution or derangement of the natural action of some of the different parts of the alimentary canal; and its cure a restoration of this lost or deranged action, and removal of those obstructions which may have originated from it.

The digestive organs are the efficient and only instruments for converting food into such a state, that its nutritive parts can be readily taken up by the lacteal and lymphatic vessels, and distributed throughout the system, to increase growth, and supply the waste of the animal economy. They are the source of life and health. Hence we find that nature has so constituted and formed their different parts, and furnished them with such accommodations as they require, in order to enable them to perform with ease the different functions respectively assigned to each.

In order to arrive at a correct understanding of the subject, it will be necessary to take a view of the digestive apparatus—of its structure and formation, and the different organs of which it is composed; and the office which each of these perform in carrying on the process of digestion. And here I would observe, that, as far as may be practicable, I shall endeavour to avoid the use of technical words and phrases, that the subject may be more generally intelligible.

This apparatus may justly be represented as a long canal—narrow in many points and wide in others—capable of contracting or enlarging its dimensions, and in some parts entwined or twisted around many times upon itself. In different parts, throughout its entire length, are discovered innumerable folicles and glands, the termination of blood vessels and nerves, and the origin of many absorbent vessels. No part of the animal mechanism presents greater or more decisive evidence of design, in the peculiar adaptation of means, to the attainment of certain ends; and here Atheism must forever stand confounded and abashed.

This canal commences at the mouth, and is divided into many parts—the mouth, the pharynx (a muscular kind of bag, situated at the back part of the mouth), the œsophagus, or communication between the mouth and stomach; the stomach and the large and small intestines; two membranous coats or layers form the sides of the digestive canal, its whole length. The inner layer, which is intended to come in contact with the aliment, consists of mucous membrane, the appearance and structure of which vary in different parts, according to the offices which they perform. The second layer of the sides of this canal is muscular, and is composed of two layers of fibres, one circular, and the other longitudinal. The longitudinal fibres are continuous, extending from the superior to the inferior extremity. The superior part of this canal is furnished with a curious apparatus—the teeth. A number of mucous glands exist in the mouth, in the sides of the cheeks, and in the roof of the palate. The pharynx and œsophagus are likewise provided with a number of follicles and glands. The stomach is an irregular oval

bag, lying across the upper part of the abdomen, and is composed of three parts or coats. The outer coat is a strong simple membrane. The second or middle coat is muscular, very thick, composed of muscular fibres, longitudinal and circular. The inner coat is of villous texture, and is covered with exhaling and inhaling vessels and mucus. These coats are connected together by a cellular membrane. The glands of the stomach are numerous, and are situated between the inner or villous, and middle or muscular coats, in the cellular structure, and their ramifications are interwoven with and encircled around by the fibres of the muscular coat. The stomach is more abundantly supplied with nerves than any other part of this canal, but more scantily with blood vessels than the small intestines. All the longitudinal muscles converge to a small point at the inferior part of the stomach, called the pylorus. At this point the small intestines commence, the connecting part of which is called the duodenum. It is, however, but little different from the other parts of the small intestines; like them its orifice is small, its sides come close together; and like them, it is composed of the same number of coats as the stomach. In this part of the intestines a duct enters on one side from the pancreas, and one on the other from the liver. The small intestines are coiled, or twined around many times upon themselves, and are supported and maintained in their position by adhering to an adipose membrane, called the mesentery. In this membrane are discovered a great variety of small vessels, arteries, and glands, terminating in the intestines. The outer coat of this part of the intestines is smooth, but the inner coat is provided with small folds near each other, of a semilunar form, called *valvulae conniventes*. All the nerves and arteries belonging to this part of the intestines, pass through the two outer coats, and terminate in the inner or villous coat; and here, from the junction of these coats, between the villous and muscular, all the lacteal and many lymphatic vessels take their origin. In this part of the intestines the chyme coming from the stomach is converted into chyle,

and prepared for its reception by the absorbents. The lacteal vessels, which are very numerous, are confined to the small intestines, and exclusively employed in receiving the chyle, and conveying it to the thoracic duct, where it undergoes still further changes subservient to the venous and nutritive economy. The small intestines are more abundantly supplied with absorbent vessels, than any other part of the abdominal viscera. They terminate in the valve of the cæcum, which is the superior part of the large intestines. This part of the intestines differs essentially from the other, both in size and form, and the functions performed by them. These have no folds internally, but are provided, externally, with several strong muscular bands, running parallel with each other, and contracting the parts beneath them, so as to give them a saccated appearance. No lacteal and few absorbent vessels originate from this part of the intestines.

On viewing the digestive apparatus, it would be very natural to inquire, why, or for what purpose, has nature formed a machine, so complicated, so different in its various parts, and supplied with so great a variety of minute and fine organs? Why is the commencement of this apparatus—the mouth—provided with teeth? Why do we find in the sides of the cheeks, in the roof of the palate, in the isthmus of the throat, between the pillars of the velum of the palate, about the œsophagus and the superior parts of the stomach, such a number of follicles and glands? Why is the stomach provided with peculiarly strong, muscular and membranous coats? And why are its secreting glands situated between the villous and muscular coats? Why do we find the longitudinal fibres of the muscular coat of the stomach converging to so narrow a point, at its junction with the small intestines? Why are the superior parts of the intestines so small and entwined around so many times upon themselves? Why does a duct from the pancreas and liver enter the duodenum? Why are found so many lacteal and lymphatic vessels, taking their rise from the inner coat of the small intestines, with their mouths interwoven with and surrounded by the muscular fibres of the

muscular coat? And why are the small and large intestines so unlike each other in size and structure?

The obvious answer to these inquiries would be, that different functions are performed by different parts, and these parts are so constructed, and accommodated, with all their variety of organs, to enable each to perform its different and appropriate office in the operation of digestion. And here another very natural inquiry would arise—How are the different organs to be brought into action, and rendered efficient in the performance of their functions? What secret agent has nature endowed with power sufficient to bring into action all the various parts of this mysterious and complicated machinery, and enable each to perform their appropriate office in the important operation of digestion?—In answer to these inquiries, it may justly be replied, that the digestive canal, throughout its entire length, is endowed with a singular and peculiar contractile power, which is indispensable in the act of digestion; and that it is the exercise of this power which brings into action all the follicles, glands, and organs attached to it; and enables every part to perform its appropriate office, in carrying on and perfecting the work of digestion. And since it has become a fundamental and fixed principle in physiology, that the power of contractility is a property inherent in the muscular fibre and belonging exclusively to it, there is but little difficulty in discovering the vital agent, or self-moving cause of that vermicular or peristaltic action, which is exerted in the act of digestion, throughout the alimentary canal. As the power of contractility is confined to the muscular fibre; and as the second or middle coat of the digestive canal is the only part which is composed of muscular fibres, it follows, conclusively, that all the contractile action, throughout the digestive apparatus, originates from this muscular coat. The reception and mastication of food is the commencement of this action.

But in returning from this partial digression from the first inquiries, it may be observed, in addition to the general answer given

them, that the teeth are designed to separate the food, that it may easily become incorporated with the salival liquid, and readily received into the stomach. This, however, is not the only or ultimate object of this muscular action. It is designed to excite and bring into action the follicles and glands in the sides of the cheeks, about the mouth and throat, thereby producing a liquid to become incorporated with the food, and aid in its digestion. The glands of the stomach are also, by the same power, brought into action, and enabled to perform their functions; and the liquids thus secreted, by all these follicles and glands united, form the gastric juice, which is justly considered of great importance in the operation of digestion. The stomach is provided with a strong outer membranous coat, not only to enable it to hold with ease its contents, but to form a kind of basis or support to the muscular fibres of the second coat, thereby enabling them to exert their contractile power with efficient energy. The second or middle coat of the stomach, being composed of muscular fibres, longitudinal and circular, is evidently designed, as the source or origin of that power which the stomach exerts in compressing together the food it contains, and promoting its digestion. And by its peculiar muscular structure and contractile power, it is enabled not only to press hard and close together its contents, but also by the same power to move or propel it on towards the pyloric extremity: and the concentration of its longitudinal fibres at this small point, endows the pyloric extremity with great contractile power, thereby enabling it to control the passage into the duodenum, and retain its contents until properly prepared for that purpose. The inner coat of the stomach being composed of mucous membrane, is incapable of exerting but little action, and what ever it does seem to exert, is rather of a passive character; being united to the middle or muscular coat by a curious wrought cellular membranous substance, and the glands of the stomach, which secrete the mucus, being situated in this cellular structure, must both necessarily be dependant on the muscular action of the middle coat, to

which they are attached, for power to perform their functions.—The small intestines are the source, or fountain from which the greater part of nutriment, for supplying the waste of the animal economy is derived. Hence their small orifice, and the twining around so many times upon themselves, are designed for the purpose of favourably exposing the chyle, to the mouths of the absorbent vessels, and giving them abundant opportunity for receiving and conveying it to its proper place. The chyloferous and many lymphatic vessels take their origin from this part of the intestines, and are entwined and encircled around by the muscular fibres of the second coat, so as to be governed by them, in the performance of their functions.

The ducts leading from the pancreas and liver, and entering the duodenum, are designed to convey their respective secretions into that part of the intestines, to become incorporated with the chyme coming from the stomach, and thereby forming the chyle; and otherwise aiding in completing the process of digestion. These ducts partly entering the muscular coat, and passing some distance longitudinally, or obliquely, before their orifices open to the inner coat, must necessarily, be dependant upon the action of the muscular fibres of this coat, for power to discharge their contents. The valvula conniventes of the small intestines; are evidently designed, partially, to counteract the effects of the peristaltic action, excited by the contraction of the muscular coat, and thereby preventing the chyle from being too rapidly carried through the intestines. The large intestines, not being the seat of any considerable secretions, are furnished with but few absorbent vessels; they are provided with circular muscular bands, which give them much muscular power, and enables them, with ease, to expel the excrements coming from the small intestines.

From this view of the digestive apparatus, it is very evident, that the power of contractility inherent in the muscular fibre of the middle coat, is the moving and sustaining cause of that natural ac-



tion throughout the alimentary canal, which is indispensable in carrying on, and supporting digestion. A diminution, or want of this power, in any part of this apparatus, must tend to impair health; and a total suspension of it, soon exhausts the vital powers.

Food is a natural stimulus to the digestive canal, and never fails to excite that natural muscular contractile action, which is necessary in carrying on the work of digestion, unless prevented by some unnatural stupor, or inactivity in some of its parts. Its presence immediately excites action in all the different organs. The muscular action of the mouth in the reception and mastication of food, immediately excites the follicles and glands of the mouth, palate, and throat into action, and the fluid secreted by them, becomes mixed with the food, and passes with it into the stomach. It would, however, be utterly impossible, for food masticated and incorporated with the salival liquid, ever to reach the stomach, independent of the muscular constriction, of the different parts of the mouth, pharynx, and œsophagus. No less than eight muscles are employed in moving the velum of the palate in the passage of the alimentary bolus from the mouth into the pharynx. As soon as this takes place, every muscle of the pharynx is brought into action; the alimentary bolus is encircled by them, and carried to the superior orifice of the œsophagus. Its presence brings into action all the muscles of the œsophagus, which by the exercise of their own inherent power, propel it into the stomach. The sides of the stomach give way to the presence of food, and as it accumulates, the muscles yield, until the pressure abates. Its contractile power is then brought into action, and presses close together the contents of the stomach; and in the exercise of this power, the secreting glands are brought into action. This contractile muscular action of the stomach continues, until its contents are dissolved, and partially converted into a liquid; it then presses it onward more directly to the pyloric extremity, and when duly prepared, forces it into the superior part of the small intestines. (And as further proof, of the existence of the muscular



contraction of the stomach, it may be observed, that the pyloric extremity, or orifice from which the contents of the stomach are discharged, is more elevated than the cardia, or entrance into it.)—Here a process commences, essentially different, from that carried on in the stomach. The food received into the stomach, passes into the duodenum, in a liquid state, and here, the ducts leading from the pancreas and liver, discharge their contents, which, uniting with the chyme, produce another change in the aliment, converting it into chyle, and thereby qualifying it, for its reception into the nutritive system.

No part of the digestive apparatus, is so immediately and directly concerned in furnishing supplies for the waste attendant on the animal economy, as the small intestines, and none more curiously, finely, and delicately formed. Their inner coat is composed of mucous membrane, and an innumeral number of fine terminations of blood vessels and nerves, form it into a kind of villous texture. The lacteal vessels, which are almost innumerable, and exclusively employed in taking up the chyle, are confined to this part of the intestines, and take their origin at the junction of the inner and middle coats. Their orifices commence at the inner surface of the muscular coat, and each have a number of small capillary tubes attached to them, which radiate from their centre, and mingling with the fine termination of nerves and arteries, form a coat of a peculiarly fine texture.

From the composition, and extremely fine texture of this coat, it is evidently endowed with great sensibility, and is intended to discriminate in the selection of chyle, for the lacteals. It performs the office, both of sponge and filter. By its porous quality, it is enabled to absorb the chyle, and the extreme fineness of these pores prevents the absorption of any part of it, which might be improper for reception by the absorbents. The middle coat being composed of longitudinal and circular muscular fibres, and supported by the outer membranous coat, is enabled to exert its own inherent contractile

power with efficient energy ; aided by the exercise of this power, the pancreatic and biliary ducts discharge their contents, the absorbent vessels are brought into action, and enabled to perform their functions, the inner coat is kept in motion, separating the purest and best chyle for the use of the absorbents ; and this same muscular power is continued, in moving on the chyle, and exposing it through all the windings of this part of the intestines, to the mouths of the absorbent vessels, and finally propelling the refuse into the large intestines. These appear to be designed as a receptacle for the less nutritious parts of the chyle. Their muscular power is only periodically exerted ; and that, principally, for expelling its contents.

When all the organs of the digestive apparatus are in their natural and healthy condition, the operation of digestion goes on, with perfect ease and systematic order. The whole system is invigorated and enlivened, and the waste attendant on the animal economy abundantly supplied. But the least derangement, or suspension of this natural, muscular contraction of any of its parts, tends to impair digestion, and any considerable want of this action, throws the entire apparatus into confusion and disorder.

This muscular contractile power is indispensable in carrying on the operation of digestion. It is the exercise of this power, excited by the presence of food, which calls into action all the different follicles and glands of the mouth, throat and stomach, thereby producing the gastric juice ; and it is this power, with the gastric juice, which enables the stomach to digest its contents, and propel them onward into the intestines. It is also the exercise of this power, which enables the pancreatic and biliary ducts to discharge their contents into the duodenum, to aid in forming the chyme into chyle, and preparing it for its reception into the nutritive system ; and it is this action which exposes the chyle to the mouths of the lacteals, and enables them to receive it ; and it is this action which carries forward, and finally expels from the intestines, the less nutritious parts of their contents.

This vermicular or peristaltic muscular contraction of the digestive canal, is one of those mysterious operations of mechanism, attendant on the animal economy, which can only be known by its effects; or, as is expressed by an eminent Physiologist, "it is an unknown cause of known effects." That the alimentary canal, by means of its longitudinal and circular fibres, does possess that power, a "*vis insita*," cannot be doubted. This is the secret main spring, which puts in motion every part of this mysterious and complicated machinery, and enables each to perform with ease their appropriate functions.

A want or derangement of the natural peristaltic muscular contraction of the digestive apparatus, in any of its parts, has an immediate and direct tendency to derange all its functions. So intimate and closely connected is the union of its different parts, that no one can suffer without the others sympathising with it. The want of this natural action in the intestines, soon deranges the biliary secretions, impairs the tone of the stomach, and often produces in it an unnatural or inverted action. Food received into it, in such circumstances, will partially excite into action its muscular power; but no response of sympathetic action being received from the intestines, it soon ceases, or becomes inverted, and instead of tending downward in its natural order, it tends upward. By this derangement of the natural action of the stomach, its contents, not being digested and carried forward into the intestines, ferment, producing acidity, flatulency, and an accumulation of morbid offensive matter; and these effects have a direct tendency to increase the deranged action of the stomach, and often occasions such a distension of its parts, and creates such a pressure upon the nerves, and inferior part of the lungs, as to produce the most distressing and unpleasant sensations. During this paroxysm, the pressure upon the nerves frequently become so great, as for a time to distract the mental faculties, producing gloomy anticipations and despondency, and often an involuntary gushing of tears; and not unfrequently, spasmodic affections of the upper part of the stomach and throat.

That these effects are produced by a derangement of the natural vermicular muscular action of the stomach, and that this derangement is caused by a want or suspension of the same action in the intestines, appears evident, from the fact, that, as soon as the peristaltic action of the intestines is restored, all these unpleasant sensations begin to disappear. The pressure upon the stomach abates, the inverted action ceases, the mental faculties become tranquil and easy, and the whole system is at once invigorated and enlivened.

A deranged state of the stomach may be occasioned by other causes, than that of a dormant, or inactive state of the intestines; and such an occurrence never fails to produce a derangement in the action of the intestines. Such is their peculiar formation and structure, and so intimate their union, that neither can be affected, without the other suffering with it.

The functions of the liver are always more or less impaired by a continued state of dyspepsia, or want of the natural muscular action of the digestive organs. This fact is sufficient to account for the phenomena, which seldom fails, at such times, to make its appearance, of the biliary secretions being diffused throughout the whole system. As the bile is not permitted to enter the duodenum only when distended with its natural stimulus; and as a considerable part of the time must pass, without such an occurrence, it is evident that much of the secreted bile must revert back into its own ducts, and the gall-bladder, and be forced into the system, by the lymphatic vessels, in an unnatural and deleterious manner; or becoming stagnant in their own ducts, occasion the formation of calculous substances, which may speedily subvert all the important objects of that gland, and endanger life.

This derangement in the disposal of the biliary secretions, excites a deleterious effect on the whole mass of fluids; the bile being absorbed by the lymphatic vessels, is circulated throughout the system, becomes incorporated with the other fluids, and corrupts and vitiates them all. Hence the secretions from the follicles and glands

of the mouth, the throat and stomach become disordered, so that the gastric juices, instead of aiding in digestion, and exciting a salutary influence on the stomach, become extremely offensive and injurious. The blood likewise becomes tainted and corrupted by it; and at the same time being deprived of its natural and healthy supplies from the thoracic duct, it is rendered turbid and sluggish, incapable of affording supplies, for the waste of the animal economy.

The lungs, under such circumstances, are often seriously affected, either by sympathy from the liver, a pressure from the stomach, and a want of natural and healthy supplies of the vital liquid from the blood, or from all. The nervous system is also frequently much deranged. As two of the cerebral nerves terminate at the stomach, the sympathy between that organ and the brain must be very great, and excited by the least affection in either.

No one cause can produce such a variety, and such a complication of diseases as a general derangement, or loss of the natural muscular action of the digestive apparatus. Loss of appetite, debility, emaciation, depression of spirits, and universal languor, and irresolution are its immediate effects. By the want of this action, the blood is deprived of the means of supplying its own waste and maintaining its own native and healthy consistence. Hence, it becomes impure and sluggish, incapable of affording supplies for the waste of the animal economy; the entire mass of fluids become vitiated, the nervous and absorbent systems paralysed, and every function throughout the whole system, more or less deranged.

To remove the cause of all these distressing and dangerous maladies, is to restore to the digestive apparatus its natural muscular contractile power.

Cases, however, do frequently occur, which do not readily yield to a removal of the prime cause, which produced them. The functions of the liver may have become so much impaired, and the fluids of the body so impure, that a restoration to the digestive organs, of their lost action, would not be sufficient to revive and purify them.

Hence it will be necessary, not only to restore to the digestive organs their deranged or lost power, but also, to excite into vigorous action, the absorbent vessels, and every secretory organ, and expel from the system, all the impure bilious tincture which may have pervaded it. By this means the functions of the liver will be restored and improved, and its secretions become natural and salutary.

When this shall have been accomplished, a restoration to the digestive organs of their natural action, will be sufficient to promote and sustain all the animal functions. The gastric juice will be furnished, pure and in abundance. The action of the stomach will be energetic and efficient. The pancreatic and biliary secretions will answer their natural and important objects, in producing the chyle, and qualifying it for its reception by the absorbents. The absorbent vessels will readily perform their offices. The blood will be abundantly supplied with means, for renewing and purifying itself, and supplying the waste of the animal economy. The nervous system will become strengthened, the mental faculties tranquil, and the whole system of mental and physical organization invigorated and revived.

To obtain so important and desirable an object, as the restoration of the deranged or lost action of the digestive organs, requires, oftentimes, the untiring and persevering use of internal and external means. By internal means, I would be understood, the use of proper medicine and diet; and by external means, exercise and the application of external stimulus.

Ordinary cases, however, will yield to the use of proper medicine, without particular attention to other means. The American Hygiene Vegetable Renovating Pills, which I have prepared, and now offer to the public, are peculiarly and eminently qualified for that purpose. They have been the result of much laborious research, observation, and experiment. Their properties I do understand, and I can, with the utmost assurance and confidence, recommend them, as possessing medical virtues, which render them superior to

any medicine now in use, for restoring and maintaining a natural peristaltic action throughout the alimentary canal; and promoting and regulating the biliary secretions. So confident am I, of their superior excellency and certainty of producing the most benign and salutary effects, that I do not hesitate to suspend my reputation and character, on the strictest scrutiny and trial, of their virtues and effects.

Their effects at first, when taken according to the directions given, will be to promote a discharge from the stomach and intestines, of all the morbid, bilious, and offensive matter they may contain; to increase the action of the liver, and regulate its secretions; to stimulate the absorbent vessels and secretory organs, and promote a general diaphoresis. A continued use of them will strengthen, and give tone and energy to the digestive organs, purify the blood, and invigorate the whole system. They may, with perfect safety, be taken by both sexes, of all ages, and at all times.

In ordinary cases of disordered stomach and intestines, a judicious and persevering use of them will be sufficient, independent of other means, to effect a permanent and radical cure. Cases, however, may occur, of long standing or obstinate character, in which particular attention to exercise, and the application of external stimulus and regimen of diet, may be highly necessary and important. In such cases, it would be advisable to apply for particular directions and further aid; and I would here announce to the public, that I shall be happy to attend to any calls, which may be made on me, for that purpose, at the office of the A. H. V. Medical Dispensary, in the City of New-York.



NOTE. The A. H. V. Renovating Pills are put in packages of 2 and 3 boxes; the smallest containing 50 or more Pills; the middle size 100 or more, and the largest 200. Price 50 cts.—\$1— and \$2.

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